

October 2011
Volume 10, Issue 1



Goodfellow AFB

Community Connections

Airman & Family Readiness Center
171 Valiant Street, Bldg. 145
Goodfellow AFB, Texas
(325) 654-3893

Please send all submissions to:
GAFB.AFRC@GMAIL.COM



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Programs for Families of Deployed Personnel

Give Parents a Break

Air Force families often deal with unique stresses due to the nature of military life. The Air Force Aid Society's (AFAS) Give Parents a Break program was designed to help alleviate some of these stresses by offering child care services once a month to families during deployments and remote tours of 30 days or more.

Bring orders to the
Airman & Family Readiness Center
(Bldg 145) to request a certificate

Car Care Because We Care

AFAS's Car Care Because We Care program offers basic routine



maintenance. This includes oil and filter changes for the primary family vehicle during remote tour and deployments lasting 30 days or more.

Bring orders to the Airman & Family Readiness Center (Bldg 145) to get a voucher

FACES

Families Apart Can Endure Separation (FACES) is a support group for families of deployed personnel and those on remote tours.



Great Rewards and Discounts to Support Our Deployed Families and Single Airmen

Learn to PLAY – Save hundreds with discounts in recreational and life skill classes such as dance, music, karate, scuba, fitness and more!

Enjoy Recreational Activities – Super discounts on recreational programs and events at your Bowling Center, Golf Course, Outdoor Recreation, Arts & Crafts, Fitness Centers and more!

Take Day Trips – Check out the great day trips at your ITT or Outdoor Recreation Centers

Get in the Swim – Get a pool pass at a discount and learn how to stay safe in the water while having fun!



MyAirForceLife.com
Opportunities may vary per base and are subject to availability

Hearts Apart Morale Calls

Hearts Apart Morale Calls offer families the opportunity to call their deployed loved one on a weekly basis.

The spouse or family member is signed up when the Service Member comes to the Airman & Family Readiness Center for their Pre-Deployment Briefing.

**For more information on any of these programs call the
Airman & Family Readiness Center at (325)654-3893**

Chapel



The Goodfellow Air Force Base Chapel Welcomes You!

Bldg 164 Fort Lancaster Rd
325-654-3424

Our Mission:

“To provide for and support the constitutional right to the free exercise of religion to the world-class Firefighting and Intelligence, Surveillance and Reconnaissance Warriors, and their families”



Warrior Care

Marriage Retreats
Reunion/Reintegration Events
Counseling
Spiritual Care
Dormitory Ministry
Officer Christian Fellowship

Chapel-Based Ministries

Protestant Praise & Worship: 11:00 Sundays

PWOC (Protestant Women of the Chapel)
PMOC (Protestant Men of the Chapel)

Catholic Worship: 13:00 Sundays

CYOC (Catholic Youth of the Chapel)
CWOC (Catholic Women of the Chapel)

*Worship and Religious Education Programs
for All Ages!*

Crossroads Student Ministry Center

Students' "Home Away from Home!"

Volunteer Opportunities
Chapel Student Leadership
Weekly Events/Activities
Computer Lab
Video Games
Movies



Park University

Park University was established on the Goodfellow AFB in 1989. However, Park University opened in 1875 and is based out of Parkville, Missouri.

Park University has 43 campus centers in 21 states including our extensive Online degree programs. Park University's online program has served non-traditional, working adults since 1972 by offering undergraduate programs in an accelerated format.

Park University at Goodfellow AFB offers various onsite and online classes. There are three onsite associates degrees: Criminal Justice, Social Psychology, and Management.

There are six onsite bachelor degrees: Criminal Justice, Social Psychology, and Management, Management/Marketing, Management/Computer Information Systems, and Management/Human Resources.



PARK
UNIVERSITY SM

The flexibility of online learning allows students to achieve their personal educational goals while still working, meeting family obligations, or dealing with unexpected travels. Courses are eight weeks, five times per year. Students may enroll in both online classes and face-to-face classes.

Park University also accepts CLEP and DSST testing for college credit, which allows students to complete their degree faster. Park University's degree programs are accredited by the Higher Learning Commission, a member of the North Central Association of Colleges and Schools.

Park University is a Servicemen's Opportunity College (SOC) member and voted one of the top 100 Military Friendly Institutions. In the online resource Parents & Colleges, Park was ranked No. 1 in the category "Top 10 Best Value Private Colleges and Universities."

Call Kari or Hayley at (325) 654-4082 for more information or to enroll.



The Student Corner

Tips for Incoming Second Lieutenants

By: 2d Lt Coats, 2d Lt Lorch, & 2d Lt Sung

- For those looking for outdoor recreational activities, there is a nearby lake and a state park readily available.
- When determining your arrival time, the earlier you arrive, the better chance you have of living in the on-base dormitory.
- The dormitory contains 3 major rooms. The bedroom, bathroom & a connected kitchen/living room. The closet is walk-in, but there is limited space. It is furnished, but you do not receive certain amenities such as cookware, television, internet or workspace (desk).
- The city is very appreciative and respectful of its residing service men & women and there is minimal disrespect ever given to those in the community wearing their uniforms.
- Water from the tap/water fountain is safe but. Instead, there are refill stations around Goodfellow AFB for \$0.25 a gallon or purchase a filtration system in advance.
- There is plenty of shopping opportunities including an oversized Wal-Mart, shopping mall, other retail stores all located right off of Sherwood Way, and a variety of small locally owned boutiques mostly in the downtown area.
- Goodfellow AFB is not known for its size. Everything on base is in walk able distance, but due to heat in the summer months, it is not advised. It is recommended to purchase a bicycle or some other quick form of cheap transportation.



- The San Angelo Visitor Center is a very legitimate source of information about the community on and off base.
- If you feel like branching outside the convenience of the Commissary, there is a wide selection of groceries at the local H-E-B. The size of the store is exceptional and the quality of the fresh food is outstanding. You will be exhausted after shopping there.
- Although it is assumed that San Angelo is a small city, there is a multitude of restaurants to keep newcomers' taste buds jumping.
- When first arriving, you can breathe a sigh of relief by staying on Sherwood Way for any meal. Once you have settled down and are willing to branch out, there are numerous options for outstanding Meals especially in the steak and Mexican food department.

Here are some suggestions for dining out once you get your feet on the ground: *Armenta's Café* (Mexican food), *Mr. T's* (Deli), *Chef Jason's Deli* (Inside Peasant Village), *Twin Mountain Steakhouse* (order "scraps"), *The Wharf* (seafood), *The Grill* (Owner was Runner Up on Season 2 of *Hell's Kitchen*), *The Cork and Pig Tavern* (Same owner as the Grill), *The Mesquite Bean Café* (sandwiches), *Fiddlestrings* (sports bar)

5 Tips for Incoming Enlisted

By: A1C Summers & Mrs. Medina

- Drink plenty of water, especially if you are a Fire DAWG!!!
- Memorize your CAC PIN number. If it is something you won't remember visit with MPS and have them change it to something you will...*NOT your DOB or SS#*.
- Keep your vRED (Virtual Record of Emergency Data) updated at all times.
- Change your email address in MyPay to something that you can actually access. The one that is in there is your "AF For Life" email that is not activated until your 1st duty assignment. If it is a personnel email and you forget your PIN they can email it to you!
- "Link" your MyPay to your AF Portal account. It makes it much easier to login!

Volunteer Corner

The Many Benefits of Volunteering

— “No act of kindness, no matter how small, is ever wasted.” —Aesop

A shocking discovery just made! More and more neuroscientists, psychologists, and labs of neurobiology are investigating and professing the benefit of giving to others! Not impressed? The twist is that the benefit is for the giver, not just the receiver!

The impulse to follow the Golden Rule, treating others as you want to be treated, seems to be chemically wired into people. Following the Rule leads to the release of positive chemicals like serotonin (a calming agent), oxytocin (the love hormone), and dopamine (a neurotransmitter), which improve your mood and your immunity.



Helping others actually begins a positive cycle in the helper. Giving money chemically triggers connections to future plans, the community, and feelings of recompense, which in turn encourage the giver to repeat her generosity in the future. Acting friendly and helpful encourages people to change their perspectives and continue being helpful. All the positive outcomes serve to increase happiness. One psychologist in New York describes the effect as the —helper’s high,‡ which she says causes people to —actually feel stronger, more energetic, and more motivated after helping others even in the smallest ways. Furthermore, those people are then —able to cope better with the stress in their daily lives.‡ She also says that —volunteering is helpful in reducing depression, increasing self-esteem, and creating a better sense of meaning. Her conclusion is that —when we help others, we help ourselves.

The Volunteer Coordinator at Airman and Family Readiness Center (A&FRC) can assist those interested in volunteering find an area where you can utilize your skills. Volunteering can benefit you in many ways: it can help you hone your skills or acquire new skills, it can be a source of networking, it can allow you to learn more about a specific field, it can be used as experience on a resume. Those who volunteer may receive recognition which can enhance a resume, college application, or military and civilian evaluation.



There are over 100 off-base volunteer opportunities; some are short-term, some are continuous, and some just need help with a single event. There are on-base options as well such as SAMS Place, public affairs, the fitness center, and the Chapel. To see current volunteer opportunities, check out the Airman and Family Readiness Center webpage, www.familysupportgoodfellow.org, the volunteer section in the Goodfellow

Monitor New Briefs, the Goodfellow Air Force Base webpage Volunteer Wire, www.goodfellow.af.mil

In addition, The Air Force Aid Society offers paid child care expenses in Air Force licensed Family Child Care Homes on base, and Air force affiliated homes off base for spouses of active duty Air Force members who work at a variety of agencies throughout the base.

For more information on the Volunteer Program or the Child Care for Volunteers Program please contact Airman and Family Readiness Center @ 325-654-3893 or stop by building 145.

Goodfellow Combined Spouses' Club

Written By: Whitney Haskell

To build a strong support network by promoting a sense of community amongst the members of the Goodfellow Combined Spouses' Club (GCSC). We enhance our members' lives through social, educational and charitable activities and functions. Through base community involvement and investment in Team Goodfellow, all spouses can build a "home away from home."

The Goodfellow Combined Spouses' Club is up and running! With our first official Membership Kickoff Luncheon behind us, we are busy planning a lot of fun-filled events and activities for our members. Whether you have an interest in fitness, books, volunteering or just socializing, the Goodfellow Combined Spouses' Club has something for everyone!

Our Current Interest Groups:

- Book Club
- Bunco
- Coupon & Recipe Exchange
- Doggie Playdates
- Fitness Group
- Kids' Social Activities
- Monthly Luncheons
- Scrapbooking

If you would like to lead an interest group that you are passionate about or have any ideas for additional interest groups, please let us know!
We welcome all ideas and suggestions.

Be sure to check out our Facebook page and if you are interested in becoming a member, please email Trisha Hawkins at thawkins07@yahoo.com.



Find us on Facebook!
facebook.com/goodfellowcsc

Key Spouse

The Key Spouse Program provides a valuable information link between squadron commanders and families. The focus is to support family readiness education and communication.

The A&FRC provides programs, training, and referral support.

Key Spouses are the quiet volunteers who help make life better for those in need. They are an emotional link to the military spouse and think of those who feel forgotten. Some describe Key Spouses as friends, mentors and moms. Do you know your unit's Key Spouse?

The GAFB Key Spouses are:

- 17 Training Wing: Christine Criswell, christinecriswell@hotmail.com
& Carol Glover, bncglover@juno.com
- 17 Training Group: Leisa Willis, JDnLeisa@yahoo.com
- 17 Training Support Squadron: Miranda Davis, Keyspouse.17TRSS@yahoo.com
- 312 Training Squadron: Season Baker, keypouse312th@yahoo.com
- 315 Training Squadron: Jessica Reisner, 315keypouse@gmail.com,
and Emily Swinarski, 315keypouse2@gmail.com
- 316 Training Squadron: Laura Hall, lauram326@yahoo.com
& Ashley Carroll ashuleyc@hotmail.com
- 17 Mission Support Group: Ingrid Bugenske, ingrid35@aol.com
- 17 Communications Squadron: Kim Yarbrough, 17cskeypouse@gmail.com,
& Christina Cordova, Christina.cordova@goodfellow.af.mil
- 17 Force Support Squadron: Vacant
- 17 Security Forces Squadron: Kelly Coggin, kellyk.coggin@yahoo.com
- 17 Medical Group: Laurie Abbott, david-laurie_abbott@suddenlink.net
- 311 Training Squadron: Barbara Chang, barbara.chang311@gmail.com
- 314 Training Squadron: Tracie Corbett

We are always looking for spouses to get involved with the Key Spouse Program!

Contact your First Sergeant or the Airman & Family Readiness Center if you are interested in becoming a Key Spouse for your unit.

**Airman and Family Readiness Center POC: MSgt O'Neil,
brandon.oneil@goodfellow.af.mil or call 654-3893**



SAMS Place

SAMS Place: Making life easier for military families

by Whitney Haskell
17th Training Wing Public Affairs

7/11/2011 - **GOODFELLOW AIR FORCE BASE, Texas** -- Moving to a new area can be stressful for many military families. In addition to new surroundings, families also have to find a place to live, wait for household goods to arrive and deal with the never-ending task of unpacking. This is where SAMS Place can help. SAMS Place can be an amazing resource for enlisted families when dealing with the many transitions relocation can bring.

Formerly known as the Airmen's Attic, Goodfellow's Soldiers, Airmen, Marines and Sailors Place, also referred to as SAMS, is more than a thrift store. Kate Ruping, SAMS Place Loan Locker Manager, likes to refer to it as a "self-help" store.

To many who shop at SAMS Place, as well as those who work there, the store is more than a collection of gently used items. It's a place for people to find home necessities to help provide for their families and contribute to their livelihoods.

"A lot of people come in and are surprised by what this place has," said Nicole Shackelford, a SAMS Place volunteer. "You see relief on their faces when they realize what they can find and that they don't have to pay out of pocket."



Kate Ruping, loan locker manager SAMS Place, organizes a bookshelf. SAMS Place, located in Bldg. 144 behind the Airman and Family Readiness Center, offers a wide variety of items for enlisted service members between the grades of E1-E6.

(U.S. Air Force photo/Whitney Haskell)

Just ask Paige Annunziata, a frequent SAMS Place customer, who was able to take home a VHS/DVD player when she wandered into the store one day. She said her husband was particularly happy about her fortunate find.

SAMS Place, located in Bldg. 144 behind the Airmen and Family Readiness Center, offers a wide variety of items for enlisted service members between the grades of E1-E6. Walking into SAMS Place, a customer can expect to find kitchen appliances, dinnerware, uniforms, women's and men's clothing, books, baby clothes for all ages, toys and much more.

All of these items are free of charge for SAMS Place customers. However, it is suggested that those shoppers who are E4 and above make a donation of any amount as they are able.

It is also important to keep in mind that the inventory changes quickly, so Kate recommends to customers who are looking for a particular item to "come early and come often."

SAMS Place

Loan lockers are another great resource that SAMS Place offers. Anyone can come in at anytime and pick up either a dish kit or cooking kit (or both) for a month at a time. The loan lockers especially come in handy right after a move, when families are waiting for their household goods to arrive.

Kate encourages people to take advantage of what SAMS Place has to offer.

"The military has some wonderful programs that people just don't know about," she added.

Additionally, SAMS Place is always looking for donations.

"The more stuff I have, the more likely it is that people won't go home without something. Even if items are hanging from the ceiling; I would be happy with that," said Kate.

The store is in need of appliances, additional baby clothes, young children's clothing (especially for older boys) and diapers.

If you've just been through a move recently or are looking for ways to save money, stop by SAMS Place and see what it has to offer. You may be surprised by what you find.



SAMS Place Hours:

Monday – Closed

Tuesday & Thursday - 9 a.m.-3:30 p.m.

Wednesday & Friday, 10 a.m.-5:30 p.m.

Saturday, 9 a.m. -3:30 p.m.

**For more information or to volunteer, call
(325) 654-3298.**

Exceptional Family Member Program

Are you worried that your baby is not developing at the same pace as other babies the same age? You are not alone. This month, retired Army therapist and mother of three children, Valerie O'Brien shares her personal experiences of becoming a new mother and her concerns about her infant daughter's development. Many parents have the same concerns about their babies. Even though a baby typically develops at his or her own pace, if you have concerns about your child's development there are several opportunities to identify potential problems early on.



“The first time I found out I was going to be a mother; I was determined to the best that I could. I read articles, did countless Internet searches, and watched DVDs describing when babies begin talking, sitting up, how best to hold a baby, what foods should be given and when, allergies, ear infections, what type of babysitters and child care I should be looking for, the pros and cons of being a working mom... there were just so many things to think about! And while I talked to *my* parents and family regularly, they were

thousands of miles away, in a different time zone, and not always available when I had a question that I wanted answered NOW!

Our first precious bundle was a surprise arriving almost six weeks early and just over five pounds, with the umbilical cord wrapped around her neck and foot. She spent a week in the nursery, two days under the bili lights, and finally came home to some grateful parents. I catered to her every move, only daring to sleep when she did. And, of course, she ate, slept, and we changed diaper after diaper—AND I was very worried about her development especially with that cord wrapped so tightly. We unfailingly kept our regular doctor's appointments and were assured that all was well.

Over those first few months, we watched her begin to change...that first toothless smile, when we knew that our baby was looking at us and smiling at *us* was priceless! It was a great occasion when we first heard “da-da” and watched with admiration as she began toddling around the room holding on to the furniture when she was ten months. When my work colleague mentioned that her son was walking by himself and he was ten months old, I must confess, I wondered if I should be concerned. But I had to keep reminding myself that each child is different—and they develop at their own pace. My daughter finally walked independently at almost fourteen months (and she went on to be a competitive cheerleader).”

Exceptional Family Member Program

Developmental Milestones

It is helpful to know that children typically develop in a pretty standard manner. There are variations in the achievement of developmental milestones, (e.g., some babies walk at ten months; others are not independent walkers until fourteen months). By the time children attend preschool or kindergarten, most children talk, run, climb, draw, ride a trike or bike, feed themselves, toilet independently, and have friends. Some children may be more talkative or coordinated, others can pay attention or sit longer, some can get themselves fully dressed and make a simple breakfast, and some may even have lost a few baby teeth...but most children can be described as typical.

But what happens if your baby or toddler seems to be lagging behind? What if your baby doesn't smile and seem happy to see you, or doesn't like to be held or cuddled? What if your preschooler doesn't seem to be developing like others of the same age?

Well-baby visits are often the first opportunity for parents to ask questions or express concerns about their child's growth and development. Well-baby or well-child visits are scheduled at regular periods during the first five to six years. It is important to *make and keep each* of those appointments. These scheduled visits allow parents and caregivers the opportunity to discuss any health or developmental concerns with their health care provider. A general developmental screening is usually recommended at the nine, eighteen, and twenty-four month visits. Additionally, *autism-specific screening* is also recommended for all children at the eighteen and twenty-four month visits. The developmental screenings should include questionnaires completed by parents or caregivers, as well as health care provider observations of the child engaged in developmental activities. Parents should feel comfortable asking questions and discussing their concerns.

What if you are not scheduled for a well-child visit anytime soon and you have a concern about development?

Make an appointment with your health care provider as soon as possible. This will provide you with time to discuss your specific concern and an opportunity for your health care provider to evaluate your child more closely. The Centers for Disease Control and Prevention (CDC) has an informative website that chronicles development from birth through the teenage years and includes extensive parenting and health information. The website may provide answers to your developmental or health concerns.

What if you still have concerns about your baby's development even after visiting the health care provider and would like more assistance?

If you continue to have concerns about your child's development and your child is under age three, you can contact the Region 15 Education Service Center Early Childhood Intervention Program. Early intervention specialists are able to schedule a developmental screening and discuss your concerns. You can find more information by visiting the website <http://www.netxv.net/Page/88>

The EFMP Family Support provider at Airman and Family Readiness Center (A&FRC) can be a great resource and direct you to the local early intervention program or assist you in obtaining more information about your particular concern. **Please contact A&FRC at 325-654-3893 or stop by building 145.**

Hopefully, your developmental questions and concerns will be answered, and you'll be able to enjoy and embrace your child's individuality!

Goodfellow's Airman & Family Readiness Center—Services

Employment Assistance

- Resume writing and review
- Local job search assistance
- Military Spouse Employment Partnership

Relocation

- SAMS—loan locker (pots, dishes, small appliances, baby items, etc.)
- Smooth Move appointments and workshops
- Student Out processing
- Official Passports/ Visas

Transition Assistance Program (TAP)

- 3-day TAP Seminars
- Pre-separation counseling
- VA representative visits
- Spouses employment workshop

Volunteer Program

- One-on-one volunteer placement appointments
- Volunteer of the year

Financial Assistance

- Emergency Financial Assistance
- Air Force Aid Society
- Navy/Marine Corps Relief Society
- Army Emergency Relief
- Falcon Loan
- Child Care for PCS
- Child Care for Volunteers
- Give Parents a Break
- Bundles for Babies
- Car Care Because We Care

Military & Family Life Consultant (M&FLC)

- Non-medical short-term counseling services to Service Members and their families
- Private and confidential services, except for duty-to-warn situations

Personal Financial Management Training

- Financial Counseling
- Budgets
- Credit Reports
- Car Buying
- Financial Classes
- Thrift Savings Plan

Air Force Wounded Warrior (AFW2)

Deployment Support

- Pre-Deployment Briefings
- Re-Integration Briefings
- Special events for families of deployed personnel
- Operation Kids
- Key Spouse

Personal & Work life

- Heart Link (Military spouse orientation)
- Marriage 101
- Exceptional Family Member Program (EFMP)

Information & Referral

- Maps
- San Angelo Visitor's Guides
- Information on various base and community resources

Discovery Resource Center (DRC)

- Computer / Internet access
- Resource library

Airman & Family Readiness Center

(325) 654-3893

171 Valiant, Bldg. 145
Goodfellow AFB, Texas

Hours of Operation:

Monday — Friday: 0730 — 1630

Thursday: 0730 — 1430

Airman & Family Readiness

Classes and Events

October 2011

Resume Writing ClassThursday, October 13th8:00 am – 11:00 am at
A&FRC (Bldg 145)**STOMP**

(Special Training Of Military Parents)

Tuesday & Wednesday October 18 & 19

Call A&FRC for more information and to
sign up

** See page 14 for more information

Bundles for BabiesTuesday, October 18th11:00 am at
A&FRC (Bldg 145)**Transition Assistance
Program (TAP)**Tuesday, October 18th -Thursday, October 20th7:30 am at
A&FRC (Bldg 145)**Heart Link**

(Military Spouse Orientation)

Thursday, October 27th

at 7:30 am

Parent Support Group

Every Thursday from

12:00 pm- 1:00 pm

Student Outprocessing Briefing

Every Monday-Thursday

at 3:30 pm

Classes are open to ALL military and dependent ID card holders

To sign up for classes and get more information
contact the A&FRC at 654-3893 or stop by building 145

Coming up in November...

Month of the Military Family

Special Training Of Military Parents (STOMP)

STOMP (Specialized Training of Military Parents) is a federally funded Parent Training and Information (PTI) Center established to *assist military families who have children with special education or health needs.*



STOMP began in 1985, it is a project of Washington PAVE, and is funded through a grant from the U.S. Department of Education.

The staff of the STOMP Project are parents of children who have disabilities and have experience in raising their children in military communities and traveling with their spouses to different locations.

STOMP serves families in four main ways:

1. By providing information and training about Laws, regulations and resources for military families of children with disabilities
2. By connecting families to other families
3. By assisting parents and professionals in developing their own community parent education/support group
4. By providing a voice to raise awareness of issues faced by military families of children with disabilities.

For military families of children with disabilities, STOMP is a one-stop shop for information and training regarding special education and other resources. STOMP is proud to be a Project of Washington PAVE, a grass roots parent-directed organization. This is a powerful combination that brings together:

- Expert, comprehensive knowledge on disability/ special education laws, rights, regulations and responsibilities as they pertain to military families
- A wealth of personal experience, network of personal contacts
- A parent driven approach

This combination allows STOMP to deliver training information and to facilitate empowerment beyond our resources.

**STOMP will be held October 18-October 19 from 8:00 am to 4:00 pm.
Call the Airman & Family Readiness Center (654-3893) or stop by building
145 to reserve your spot and get more information.**

Fresh New Face to Community Connections

The Airman and Family Readiness Center's newsletter, *Community Connections* has gone digital with a fresh new look!

Don't miss out on the opportunity to receive access to current information including: articles highlighting services and events from several departments and programs, support for families during deployments, and updates on happenings at the Airman and Family Readiness Center.



Newsletters will be emailed out by the 1st of each month.



To request a subscription, please send an email to GAFB.AFRC@gmail.com with "Subscribe" in the subject line. You will be added to our database and can enjoy monthly newsletters from that point forward!

For questions or if you have an idea for an article in an upcoming newsletter, please contact Whitney Stout at the A&FRC, 654-3893.

